

**[1] Before We Start...**

There are two concepts I'd like for you to think about today:

- A. Difference between Needs and Desires
- B. Letting go of BOTH!

**[2] Definitions:**

sustaining

lack something

“being”

be selective

your day-to-day thinking

behaviors

feed

give meaning to

exert

in place of

of your choosing

utilize

abundance

in your heart of hearts

**[3] Watch the presentation****[4] Read the text**

## NEEDS AND DESIRES

The truth is, we all get what we are. Yes, what we *are*, not what we need or desire.

When we tell ourselves that I need this or that, or I desire this or that, we are sustaining the reality that it is not there. By focusing on what we don't have, we are telling ourselves that we lack something. Put your energy into BEING, not needing or desiring.

How to "be"? One way is to be selective in the sentences you use and the emotions you have; and in your day-to-day thinking and behaviors. The energy that you feed to these things gives meaning to your life and that brings you to what is truly valuable.

Stop exerting to fill that need or desire for something. In place of that, express to the world who you are with your sentences, emotions, thoughts and behaviors. Stop your needing or desiring. Instead put that energy into living the life of your choosing.

When you stop and really think about it, in this moment right now in your life, you already have access to everything. Instead of needing or desiring, fully appreciate and utilize all that you have available.

Abundance is here right now. Don't push it away with your needs and desires. Instead, let it flow through you. Live your life as best as you can, here and now, and you'll know in your heart of hearts what is truly precious in your life.

**Think about:** You have access to everything you need, right here and right now.



**TODAY'S ASSIGNMENT**

**In pairs or in a small group, answer or do the following:**

1. For the 3 words below, write meanings in English + write an original sentence that includes that word. Make good sentences!

exert

utilize

abundance

2. Have a deep discussion about the sentence "The truth is, we all get what we are." What does this mean? Write a concrete example.

3. Have a deep discussion about the phrase "express to the world who you are with your sentences". What does this mean? Write a concrete example.

4. Explain with an example: "needs and desires can push something away".

**STUDENT NAMES & CLASS NUMBERS:**